

# Who we are

Registered charity and the provincial partner for School Healthy Eating Programs, SHEP



Established in 2012 by a provincial network of stakeholders with experience and a passion for growing healthy kids



# Our Goal

Is to support the nutritional health and well-being of **Nova Scotia children/youth** and build their food knowledge and skills so they can feed themselves well into a healthy future.



# Program Areas





# Why

- 1 in 5 Nova Scotia Children live in food insecure households.
- Unicef report ranked Canada 37<sup>th</sup> out of 41 high income countries in providing access to nutritious food to children.
- Nova Scotia research has identified a strong association between diet and academic performance.
- School breakfast programs help to reduce food insufficiency and improve nutritional status.
- Kids spend a majority of their waking hours in school and this presents an opportunity to offer them nutritious food and help them develop healthy eating patterns they will keep for life.

# Why

## Students come to school hungry for many reasons



Students who eat breakfast at school

PERFORM	better academically
BEHAVE	better & have fewer office referrals
ATTEND	class and are on time
PARTICIPATE	in class & show improved concentration



Did you know?  
Students coming to school without breakfast



# Impacts

“Give a man a fish and he’ll eat for a day  
Teach a man to fish and he’ll eat for life.”

- 5.4 Million breakfasts served in 2017! (1.9 million HRM)
- 100 school food gardens (40+ in HRM)
- Over 365,000 lbs of local produce on the tables of families
- Hundreds of food literacy tools, teaching moments, resources and events





# The cost of inaction

Our children are facing a health crisis.

Many conditions once limited to adults are now being seen at higher rates and at younger ages:

- approximately 1 in 3 children and youth is overweight or obese\*
- type 2 diabetes (formerly called “adult-onset” diabetes) now accounts for 10% of new diabetes cases presenting in youth\*\*
- last year 47,000 Canadians died as a **direct result of a diet-related disease**
- the economic burden of diet-related disease is estimated to be 13.8 billion dollars per year

\* CCHS 2004 and Keeping Pace (PACY) 2005-2006

\*\* Diabetes Care Program of Nova Scotia Registry 2010

# Advocacy and Action

Did you know...Canada is  
the only G7 country  
without a national school  
food program



# #SpeakUp4SchoolFood

Nova Scotia campaign for federal investment in a universal healthy school food program

Be Part of Something Bigger



**#NourishKidsNow**

THE COALITION FOR HEALTHY SCHOOL FOOD

The Coalition for Healthy School Food is a group of over 40 organizations from across Canada advocating for a national school food program. They seek an investment by the federal government in a cost-shared **Universal Healthy School Food Program** that will enable all students in Canada to have access to healthy meals at school every day. Building on existing programs across the country, all schools will eventually serve a healthy meal or snack at little or no cost to students.

Learn more: [healthyschoolfood.ca](http://healthyschoolfood.ca)

READ THE BRIEF

# Return on Investment

- The benefits are multiple, not only improving student nutrition, health and social development, but providing wider employment. The program supports local food systems and regional economic development.
- For every \$1 invested the return is between \$3-\$10 dollars.\*
- 360 million is the Federal ask scaling up to 1.8 Billion

\*WFP.org, Jan 2016

# Senate Motion #358

"That the Senate urge the government to initiate consultations with the provinces, territories, Indigenous people, and other interested groups to develop an adequately funded national cost-shared universal nutrition program with the goal of ensuring healthy children and youth who, to that end, are educated in issues relating to nutrition and provided with a nutritious meal daily in a program with appropriate safeguards to ensure the independent oversight of food procurement, nutrition standards, and governance"



# Federation of Canadian Municipalities

In March 2018 FCM Board passed a resolution:

Whereas, 1.7 million Canadian households experience food insecurity, and the current patchwork of school food programming reaches only a small percentage of our over 5 million students, with Canada remaining one of the only Organization for Economic Cooperation and Development (OECD) nations without a national school food program;

Whereas, the Coalition for Healthy School Food is working at a national level to advocate for the creation of a cost-shared Universal Healthy School Food Program that will enable all students in Canada to have access to healthy meals at school, serving culturally appropriate, local, sustainable food to the fullest extent possible;

Resolved, that the Federation of Canadian Municipalities advocate for a Universal Healthy School Food Program to the federal government.

# What can you do?

Sign the Petition E-1957

Join the Campaign

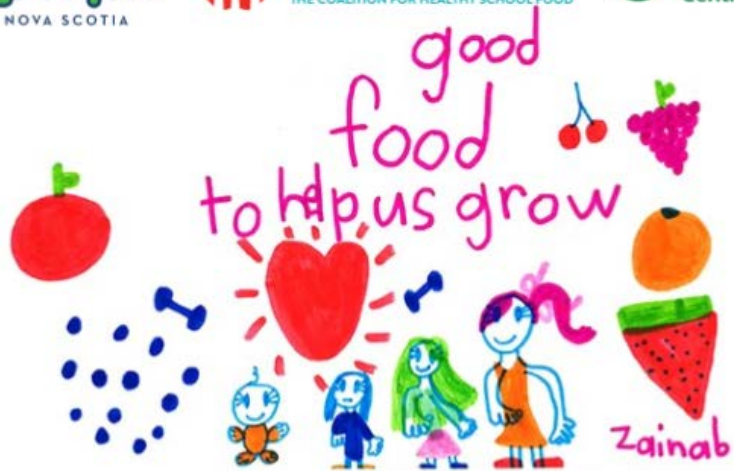
#SpeakUp4SchoolFood



#NourishKidsNow  
THE COALITION FOR HEALTHY SCHOOL FOOD



Ecology  
Action  
Centre



Great Big Crunch-a moment of **ANTI-SILENCE**, where people across the country make noise for healthy school food!



# Thank You



Questions?



@NourishNS

facebook

NourishNS